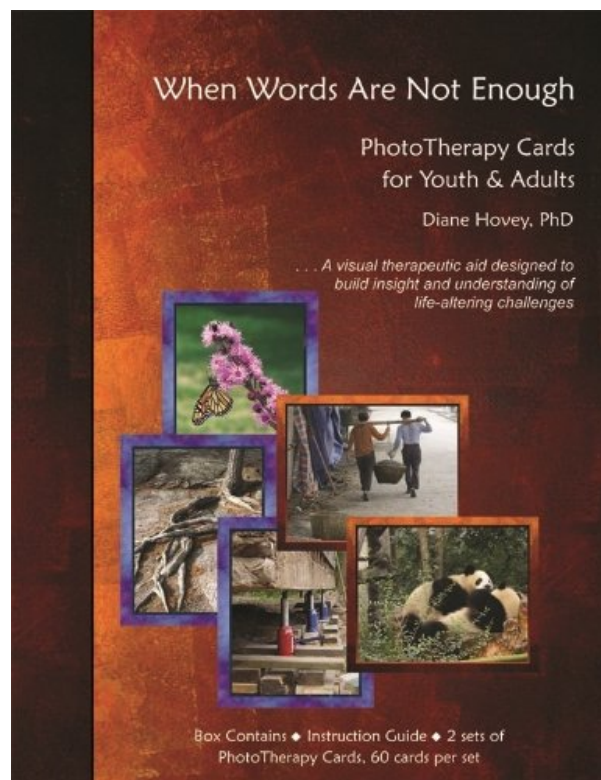


WHEN WORDS ARE NOT ENOUGH: PHOTOTHERAPY CARDS FOR YOUTH & ADULTS BY DIANE HOVEY



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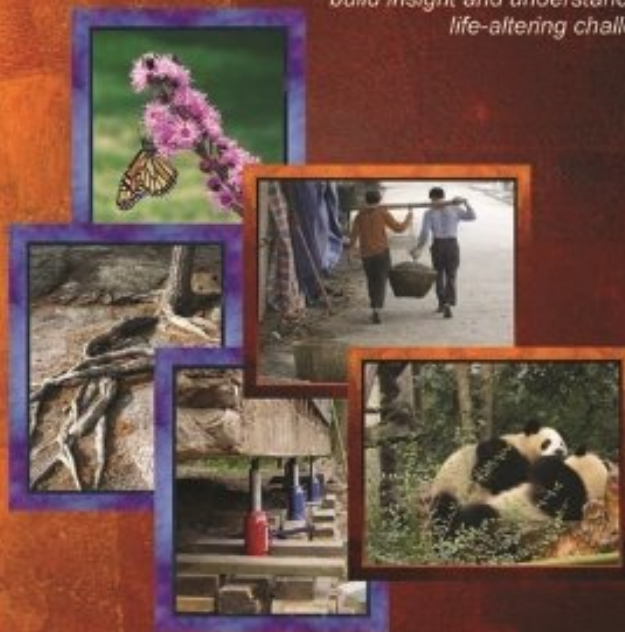


When Words Are Not Enough

PhotoTherapy Cards for Youth & Adults

Diane Hovey, PhD

... A visual therapeutic aid designed to
build insight and understanding of
life-altering challenges



Box Contains ♦ Instruction Guide ♦ 2 sets of
PhotoTherapy Cards, 60 cards per set

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PhotoTherapy Cards™ are designed for therapists, counselors, those interested in personal reflection and creative writing. For therapists, the use of PhotoTherapy Cards helps clients see themselves and their situations. They are a nonthreatening and helpful tool to break the ice and open communication. They allow make it easier for guarded thoughts and feelings to be spoken. The PhotoTherapy Cards are also useful in unpacking the multiple-level meanings that impact lives. They help open possibilities for experiences to be examined and unfolded in a manner that is not otherwise possible. The use of these cards whether with clients, for personal reflection, or creative writing is a springboard to understanding. PhotoTherapy Cards makes it possible to: ? express ideas and feelings in situations when this is not typically possible ? work multi-dimensionally ? get out of a rut ? help recognize salient aspects of an issue that had been previously difficult to face ? express feelings for those typically cut off from or unable to connect to their emotions ? provide a means to interweave complex and contradictory experiences, thoughts, and feelings in something tangible and more comprehensible The images on these PhotoTherapy Cards were carefully and purposefully selected. They are based on a decade of work those living with overwhelming life challenges. The images reflect the thoughts, feelings and stories told to describe these experiences and are decisively selected for their multiple layers of symbolism and meaning. The PhotoTherapy Cards have been used by several therapists to test their usefulness and applicability in different settings and have proven to be a powerful tool in getting to places not otherwise possible in traditional therapy.

- Sales Rank: #1194300 in Books
- Published on: 2010
- Binding: Cards

Features

- 2 sets of PhotoTherapy Cards , 60 cards per set, 3.25" x 4"quality aqueous coated
- Information Guide - soft cover, 44 pages, 5.25" x 7.38"

Most helpful customer reviews

1 of 1 people found the following review helpful.

Must have "session saver"

By Aimster0204

The person who made these cards spoke to my therapy class in grad school. She called these, "session savers" and being a trainee I figured session savers of any kind can't hurt so I bought a set off Amazon. I can tell you, this is true - these cards were great! I used them with adult men in an in-patient treatment facility specializing in co-occurring disorders. Many of my clients struggled with reading and writing, not to mention discussing feelings. These cards worked EVERY time in group therapy. They were especially helpful when I was feeling off my game for the week and needed a bit of a reprieve. There is a set of family cards suitable for youth and others intended for adults. Personally, I didn't see too much difference and I was working with adults, so we used them all. Sometimes people were so attached to the card they picked, they asked to keep them- so take care to collect them all back!

0 of 0 people found the following review helpful.

Fabulous for all ages!

By Karen C.

When I got these phototherapy cards, I originally thought of my 13 year old daughter who has Asperger's Syndrome and has trouble with explaining how she feels about things or events in her life.

When she want to talk about how she is feeling, she grabs the cards and pick out a few to show us the picture and shares her thoughts and feelings. Last night, she took at out the penguin card and said she missed her older sister being around but knows that she will always be there for her no matter how far they are apart (this reminded her of the movie Happy Feet and it's story).

This is an incredible way for anyone to tell their story through the pictures on the cards. Cards were a perfect size for handling, and resembled a large deck of cards (about 3.5" x 4").

Well worth buying!

0 of 0 people found the following review helpful.

Cards are so helpful

By bonnie mcmillin

I am a therapist and I find the cards extremely helpful with clients. The pictures are wonderful and thought provoking. Clients often struggle with the words to describe their feelings and the cards often are an excellent vehicle to find the words and feelings. I would recommend them to anyone. Bonnie McMillin MA LP Licensed Psychologist

See all 4 customer reviews...

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